

GROUP FITNESS & REHABILITATION TIMETABLE 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7:00AM						<p>CLINICAL PHYSIO: Individually designed exercise programs in a Physiotherapist supervised group setting.</p> <p>CLINICAL EP: Individually designed exercise programs in an Exercise Physiologist supervised group setting.</p> <p>B.E.T.S: DVA / WorkCover / TAC Physiotherapist led rehabilitation. Restricted class sizes apply.</p> <p>Please note an individual assessment is required prior to commencing any group session.</p> <p>Re assessment to be completed at least every 12 months.</p> <p>Check your individual Health Insurer to see if rebates may apply</p>
8:00AM		CLINICAL PHYSIO Amy	CLINICAL PHYSIO Amy	CLINICAL PHYSIO Amy	CLINICAL EP Annabel	
9:00AM		CLINICAL PHYSIO Amy	CLINICAL PHYSIO Amy	CLINICAL PHYSIO Ellie	CLINICAL EP Annabel	
10:00AM						
10:30AM	B.E.T.S Pete				B.E.T.S Pete	
11:00AM						
11:30AM	B.E.T.S Pete				B.E.T.S Pete	
12:00PM						
12:30PM						
1:00PM	CLINICAL EP Annabel		CLINICAL EP Annabel			
2:00PM						
4:00PM	CLINICAL EP Annabel		CLINICAL EP Annabel			
5:00PM	CLINICAL EP Annabel	CLINICAL PHYSIO Amy	CLINICAL EP Annabel	CLINICAL PHYSIO Ellie		
6:00PM		CLINICAL PHYSIO Amy		CLINICAL PHYSIO Elsa		

CASUAL: \$27 5 x CLASS PASS: \$125 10 x CLASS PASS: \$244 Claimable only after session has been attended